ABSTRACT OF THE DISCLOSURE

A reflecting-mirror-equipped lamp **100** including a high pressure discharge lamp **10** and a reflecting mirror **20**. An opening **24** of the reflecting mirror **20** is provided with a front glass **22** and two air holes (**31** and **32**) are formed through the reflecting mirror **20**. The air holes (**31** and **32**) are provided on a cross section (**44**) including a luminous bulb **11**. If the cross section **44** is divided into regions (**I** through **IV**) consisting of first, second, third and fourth quadrants with respect to the luminous bulb **11**, the air holes (**31** and **32**) are respectively provided in two quadrants diagonal to each other, i.e., in the first and third quadrants, respectively, or in the second and fourth quadrants, respectively.